

- **[This Baking Soda Shampoo Will Save Your Hair](#)**

Did you know that baking soda is an incredibly easy way to clean your hair? Yep, the rumors are true. What will shock you even more is the fact that this actually works, you will be amazed on how much better your hair will begin to look when you start using baking soda compared to traditional shampoo!

If you're a complete DIY when it comes to beauty routine and you're always on a mission to reduce exposure to potentially harmful chemicals, you will be psyched at this method with such great results.

You might be wondering: what's so bad about regular shampoos? Well, they can contain a lot of harmful ingredients. Some of the worst chemical-offenders are:

sodium

Sodium Lauryl

Laureth Sulfate

DEA/Diethanolamine

Parabens

Fragrance

The word fragrance might not sound so bad, but on a label, it can mean the presence of over 4,000 separate chemical ingredients. How scary is that?!

If you have tried clarifying shampoo you will have noticed how it dried out hair, and adding an intensive conditioner, only makes the lifeless hair problem worse. Plus, with the cold, hair gets really static-y.

If you are considering chopping it all off and going back to short hair you should consider try switching to the baking soda and vinegar hair care method!

You will have more body, volume, and strength, and you will save so much money in chemical-free products.

That's it.

Since shampoos strip our scalps of natural oils, this tends to increase oil production so as you stop using shampoo you might find that your hair seems oilier than normal for the first few weeks until your scalp adjusts. Now that I've been using this method for awhile, I've found that my hair doesn't get as oily as it did before and I only have to use this method every 2 - 3 days. The baking soda and vinegar method is cheap, effective, simple and chemical-free and I think you'll love it as much as I do. Here's how you can get started:

Method

It might be hard to adjust to the lack of shampoo foaming action at first, but I promise this is worth it in the end.

Baking Soda

Start by mixing 1 part baking soda with 3 parts water. I have shoulder length hair and mix about 2 to 3 tablespoon of baking soda with 3 times that amount of water in a small squeeze bottle. You can adjust this depending on your hair length.

Apply the baking soda and water mixture to dry or wet hair by starting at the roots and working to the ends.

Let it sit for 1 - 3 minutes then rinse with warm water.

After washing and rinsing with the baking soda mixture, you'll want to apply a vinegar rinse.

Vinegar Rinse

Mix 1 part white or apple cider vinegar with 4 parts water. To minimize the vinegar smell, I also add lavender, peppermint, and/or rosemary essential oils to the vinegar mixture. I like to mix a big batch of this ahead of time and keep it in a squeeze bottle in the shower.

Tilt your head back, close your eyes (to avoid getting this mixture in your eyes), and distribute through your hair.

If you have longer hair like I do, I like to then (still keeping my eyes closed) tilt my head forward and distribute more rinse through the ends.

After a few seconds, rinse with cold water. The cold water helps to seal in moisture, smooth the hair, and add shine. I have straight hair and have noticed that this really made a difference with eliminating frizz and static.